



City of Eugene ❖ Eugene Police Department

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Parenting Tips

Discipline Tips

- Discipline is different from punishment. Children are disciplined when they are shown positive alternatives rather than just told "no," when they see how their actions affect others, when good behavior is rewarded, and when adults establish fair, simple rules and enforce them consistently.
- Children who are disciplined learn to share and cooperate, are better able to handle their own anger, are more self-disciplined, and feel successful and in control of themselves.
- Children are punished when: behavior is controlled through fear, their feelings are not respected, they behave to avoid a penalty or get a bribe, or they are only told what not to do.
- Children who are punished feel humiliated, hide their mistakes, tend to be angry and aggressive, and fail to develop self-control.
- The louder you yell, the less effective you will be.
- Ineffective responses: questions, begging, threatening, verbal put-downs, unrealistic threats, overly severe punishments, or physical responses that release your anger.
- Say it once, then take nonviolent, logical action.
- The goal of discipline is to help children build self-control, not blindly obey adult commands.
- Any discipline technique is most successful if it is used calmly, without anger.
- Any consequence (such as distraction or time out) must immediately follow the child's behavior to make it clear when behavior was not acceptable.
- Notice good behavior. Praising good behavior is one of the most effective discipline methods. Children need to know what they are doing well, in addition to knowing the things they need to change. Catch children when they are sharing, helping other children with hard tasks, and dealing well with frustration--and immediately compliment them.
- Match your technique to the child and the situation. No single technique's always best.
- Help kids understand why misbehavior is not acceptable, while acknowledging feelings.

- Be consistent. It's scary for children to displease adults they care about. They need to feel loved and respected if they are to become kind, confident, and considerate adults.
- Call "time out". Sometimes children just lose control. They need to cool off. Time out should last as long as the child feels is needed to calm down. The key is to avoid being punitive and instead to turn time out into a learning experience.
- Help children see consequences. Use natural consequences to help teach. Give them choices. For example: Your screaming hurts my ears! If you can't stop, you'll have to take a time out. When you can speak in a quieter voice you can come back to the table.

Misbehavior -- the Dreikers model

Before you can figure out how to respond to misbehavior, it helps to know why children are misbehaving--what are their goals?

- Attention? If so, don't provide any--no lectures, no talking, no punishment.
- Power? Offer some choices, all of which you can live with, and all of which are natural consequences--even to the child.
- Revenge? The child thinks you have hurt her in some way. Don't hurt her now, or you'll reinforce the misbehavior.
- Avoidance? Provide logical choices, and some encouragement.

What is child abuse?

- Any physical injury to a child (anyone under 18) which is not accidental;
- neglect which leads to physical harm; and
- sexual molestation.

What is child neglect?

A person having custody or control of a child under 10 commits child neglect if, with criminal negligence, the person leaves the child unattended in or at any place for such period of time as may be likely to endanger the health or welfare of such child.

What is incest?

Marrying or engaging in sexual intercourse or deviate sexual intercourse with a person known to be a relation, either legitimately or illegitimately, such as an ancestor, descendant, or brother or sister of either the whole or half blood.

What can I do if I suspect child abuse, child neglect or incest?

- Contact The Department of Human Services at 686-7557. You can also contact police.
- For any assault, abuse, or neglect in progress call 9-1-1.

- You may also want to tell a parent, teacher, or responsible adult. All public or private officials are required by law to report suspected child abuse.

During Pregnancy

- Follow a healthy diet.
- Take prenatal vitamins.
- Do not use illegal drugs, alcohol, coffee or tobacco, or you may seriously damage your child.

Parenting newborns and infants

- All children, especially infants, are SUPPOSED to cry. It's okay, and yes, you are supposed to respond. Don't confuse your frustration at their crying with their right and need to do so. They cry because of very real physical or emotional needs. They need to be fed, talked to, held or tended to, and that's the only way they know of to tell you. There's no such thing as spoiling infants. Pay full attention to your children and they will tell you what they need.
- Nursing is the way babies were designed to receive food. It's good for your baby. It's one of the most common solutions to a baby's crying. Children can nurse for many years!
- Expect to wake up a lot in the middle of the night. Take naps whenever you can.
- With the birth of your first child, your lifestyle will change dramatically and permanently. Expect to be pretty overwhelmed for a while -- that's normal.
- Don't hit or yell at your child. Violent behavior on your part has more to do with your own anger or frustration than it does with educating your child. Children learn by example; when you hit them it teaches that hitting is a good way to deal with feelings. There are better ways.

Support Services

- Any emergency: 9-1-1
- Birth-to-Three (classes, help-line, support and information): (541) 484-4401
- Centro Latino Americano:(541) 687-2667
- Dreikurs Parenting classes (free, Saturday mornings): (541) 686-5501
- Family Resources: (541) 485-5111
- Info-line (24 hours):(541) 342-4357
- LaLeche League(breastfeeding): (541) 726-0143
- Looking Glass Counseling Center,(541) 484-4428
- Department of Human Services: (541) 686-7555
- Parenting classes are also offered at many public schools throughout the city.

- Relief Nursery, (541) 343-9706
- Sacred Heart Pre-natal Clinic: (541) 687-4013

For more information

Call (541) 682-8186 or e-mail the Eugene Police Crime Prevention Specialist at policeprevention@ci.eugene.or.us

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